



ERICK H. ALAYO, M.D.

DIPLOMATE IN INTERNAL MEDICINE AND GASTROENTEROLOGY
GASTROINTESTINAL AND LIVER DISEASE • DIAGNOSTIC AND THERAPEUTIC ENDOSCOPY

www.gastrosb.com

353-A Church Avenue
Chula Vista, CA, 91910
(619) 585-8883
Fax (619) 585-0166

SIGMOIDOSCOPY/ LOWER ENDOCOPIC ULTRASOUND

Day before procedure:

1. **AVOID EATING NUTS OR SEEDS (found in FRUITS OR VEGETABLES)**
2. **Clear liquid diet**
3. Do not eat or drink after midnight. This includes medications unless otherwise specified by Dr. Alayo.

Stop the following medications:

Day of your procedure:

1. Do not take any morning medication, bring them with you.
2. **Apply an over-the-counter FLEET ENEMA before coming to the procedure.**
3. Arrive at designated location on time. Wear comfortable clothing.
4. You will be at the endoscopy center most of the morning.
5. **Make arrangements to be picked up since you will not be able to drive that day.**

****PLEASE FOLLOW THESE INSTRUCTIONS FOR THE BEST POSSIBLE EXAMINATION****

Procedure Date: _____ Time: _____

Alfa Surgery Center ___ Scripps Hospital ___ Sharp Hospital ___